

Ethical Decision Making in Nursing Practice

VALUES CLARIFICATION EXERCISES

Directions: Answer each statement or questions in the space provided. Use additional paper as needed.

What ten (10) adjectives describe who I am?

What roles am I in? List 5 roles. Then place them in rank order with the most important role at the top.

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To which cultural groups do I belong? With which religious groups do I identify? With which social groups do I identify?

When do I feel confident and good about myself?

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What do I do when I feel good about myself?

When do I feel unimportant?

What do I do when I have negative feelings about myself?

What "motto" do I live by? What does it say about me?

What do I hold in high esteem?

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What do I detest?

Now reflect on what you have written above. What do your responses say about what you value? What do your responses say about what you do not value? Are there discrepancies? Are there consistencies and/or themes in your responses?

List some of the values that have become clear to you based on the exercise above.

Now place those values in rank order, with the most important value first.

Consider your values listed above and the role of these values in your life.